



What is a prebiotic?

Prebiotics are a type of plant fiber that is non-digestible in humans. Prebiotics are complex carbohydrates [mostly fiber]. They serve as a critical food for probiotic bacteria, which occupy your colon and bowel. The beneficial bacteria in your gut eat this fiber. The gut bacteria, collectively referred to as the gut flora, perform many important functions in the body. There are trillions of microorganisms in the gut, or gut microbiota.

While all prebiotics are fibers, not all fibers are prebiotics! Without prebiotics, probiotics can't do their job. Prebiotics may support helpful bacteria and other organisms in the gut. If you're getting enough prebiotics, you should notice benefits in the form of less bloating, better digestion, and improved regularity; healthy weight loss; a general feeling of lightness complimented by more energy; and, sustained blood sugar levels.

Prebiotics can occur naturally in fruits and vegetables, but can also be taken as a dedicated supplement in more concentrated levels. The food you eat plays an important role in the balance of good and bad gut bacteria. For example, a high sugar fat diet negatively influences the gut bacteria and may contribute to insulin resistance and other conditions. Once you regularly feed the wrong bacteria, they're able to grow faster and colonize more easily, without as many helpful bacteria to prevent them from doing so. Harmful bacteria and less healthy gut flora are associated with higher body mass index [BMI]. Additionally, foods treated with pesticides may have negative effects on gut bacteria, although more research is needed to confirm this.

Types of prebiotics

There are two recognized types of prebiotics fructooligosaccharides [FOS] and galactooligosaccharides [GOS]. Breast milk contains a wealth of nutritious ingredients that help to support the gut function of infants and children from an early age. The nutrients include a type of prebiotic called Human Milk Oligosaccharides [HMOs], believed to help establish a healthy balance of good bacteria in the baby's gut. Because of this, babies that have been breast-fed tend to have much higher levels of good bacteria, including bifidobacteria, than formula-fed infants.

Tummy upsets and digestive problems are common among young children. Their immune system is still developing, and they readily encounter new bacteria in their environment. Antibiotics at this age, can have the side effect of killing not only the bad bacteria but the good bacteria in the gut too. GOS prebiotic supplements can help to rebalance gut bacteria and restore good bacteria in the gut after a course of antibiotics. You may consider herbal antibiotics on the shop.HealedPeople.com. As well, there are several pre-and-probiotics you may select from.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Source: Bimuno.com